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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Organizing Ideas for New Mothers

By Barbara Myers

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1. Organize your home before the baby arrives. Dealing with a new baby takes enough energy without having to sort through clutter. Start early! Many a baby has arrived much earlier than expected.
2. Buy a diaper bag with several compartments and keep it stocked with: blanket, extra outfit, diapers, wipes, ointment, snacks for Mom and feeding supplies.
3. Place containers filled with diapers, wipes and ointment around the house. You won't want to walk to the nursery every time your newborn needs to be changed.
4. Have a baby memory book, a baby how-to book and a notebook ready and accessible. You can fill in, find out and make notes whenever you have a spare minute.
5. Plan on relaxing your housekeeping standards the first year after baby's arrival. Focus on the baby's and your needs. Aside from basic clothes washing and meals, the house can wait.
6. Develop a feeding "system." If nursing, have a small bag filled with the essentials: small pillow, blanket, bottle of water, cloth, which you can grab at a moment's notice when baby is hungry.
7. Make lists. It only takes a moment to jot down errands to run, items to buy and things to do. The next time someone offers to help, you'll know exactly what needs to be done (and maybe if they see the list, they'll help even more).

Barbara Myers is a professional organizer and author. Receive free tips to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

Here's What to expect at a Baby Shower

By Mike Yeager

7 Organizing Ideas for New Mothers

A baby shower is a great way to welcome a new child and congratulate the new mother. Many mothers appreciate the help in purchasing the items they will need for their new baby. Commonly, baby showers are given only to new mothers or mothers who have not had a child in a long while. This way, friends and family, can help give the family the things babies need.

Baby showers are a tradition, but what happens at a baby shower is less formal for sure. Sometimes, friends and family members will hold a baby shower for a new Mom as a surprise. Often times, new mothers will get several showers thrown for her first child from different groups, such as one from friends, one from the mothers side of the family, and maybe one from her friends at work. Regardless of how many, these get-togethers are a great way for people to welcome the new child.

Planning a baby shower can be a lot of fun. For baby shower ideas, try checking online at the many websites that offer new parent information. Another place to get some ideas is at craft supply stores where there are aisles and aisles of ideas. Some things to consider for your baby shower are baby shower invitations and baby shower favors. Other things to think about are baby shower decorations! Baby shower games can make a boring party a lot of fun. Most of these can even be free baby shower games by using items from around your home. For example, you can take a roll of toilet paper with you to the party. Each guest has to guess how many individual sheets it will take to circle the mother to be. Giving away small gifts can make these games even more fun.

Planning a baby shower and attending them can be a lot of fun. Take a trip to the craft store and look around at all the baby shower decorations, games, and favors they have to offer. Pull together some friends and plan a few baby shower games and make your own decorations. Pinks and blues in streamers and tablecloths can fill a room with excitement. Either way you are sure to make the mother to be happy and feeling loved.

Mike Yeager
Publisher

Here's What to expect at a Baby Shower
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